

# May 2010

## Activities Calendar

\* Appointment required  
\*\* Pre-registration with Mira Costa (795-8710)  
\*\*\* Special this month

**ACT**—Activity Room  
**ART-R**—Art Room (New)  
**ART-S**—Art Studio (Old)  
**AUD**—Auditorium  
**COM**—Computer Room  
**CR**—Conference Room  
**DN**—Dining Room  
**DS**—Dance Studio  
**GR**—Game Room  
**LG**—Lounge  
**P**—Patio Park  
**PARK**—Pine  
**PL**—Parking Lot  
**Room 119**  
**Room 120**

### MONDAY

These classes occur every Monday:

9:00–11:00	Writers Group	ART-R
9:00–12:00	Spanish—Levels I, II, III	ART-S
12:00–2:00	Line Dancing—Beg	AUD
1:00–2:30	Ballroom Dance Lessons	DS
3:00–4:15	Yoga—Level I	DS
3:00–4:15	Yoga—Level II	AUD

\*PC Lab—see below

### TUESDAY

These classes occur every Tuesday:

8:00–11:00	Needlecraft	ART-S
8:00–12:00	Mah Jongg	GR
8:30–11:00	Health Screening	119 & 120
9:30–11:30	Line Dancing—Int/Adv	AUD
9:30–11:30	Soccer Golf	PARK
10:15–11:45	Ukulele Class—Adv/Int	ART—
12:30–4:00	Bingo	AUD
12:30–4:00	Ping Pong	ACT
1:00–4:00	Chess	DS

\*PC Lab—see below

### WEDNESDAY

These classes occur every Wednesday:

9:30 – 11:00	5-in-1 Joy Class	119
9:30 – 10:30	Tap Dance	DS
12:00 – 4:30	Pinochle Group	ACT
1:00 – 5:00	Mah Jongg	GR
2:00 – 4:30	Hawaiian Dance – Beg/Int	DS

\*PC Lab—see below

### THURSDAY

These classes occur every Thursday:

8:30 – 9:30	Low - Impact Aerobics	AUD
9:00 – 11:00	Watercolor Class	ART-S
10:00 – 11:15	Yoga – Level III	AUD
10:00 – 12:00	Audiomobile	Lobby
10:30 – 11:30	Laughter Yoga	ART-R
1:00 – 2:30	Middle Eastern Dance	DS

\*PC Lab—see below

### FRIDAY

These classes occur every Friday:

10:00–11:30	Ukulele—Beg	ART-R
10:30–11:30	Flamenco Dance	DS
12:30–4:00	Party Bridge	AUD
12:45–2:30	Hawaiian Dance—Advanced	DS
1:00–4:00	Scrabble	LG
12:30–4:00	Ping Pong	ACT

\*PC Lab—see below

8:00–9:30	*Brain Fitness	COM	3
8:30– 9:30	**Tai Chi—Intermediate	ACT	
9:45–10:45	**Body Conditioning	AUD	
11:00–12:30	**Balance & Mobility	DS	
1:00–3:00	Senior Readers Theater	ART-S	
1:00–3:00	No Wii Games Today	ACT	
2:00– 4:00	***Meet the Artist—TWAN		
	Astrophotographic exhibit	Lobby	

8:00–9:30	*Brain Fitness	COM	4
8:00–10:00	**Tai Chi—Advanced	ACT	
9:15–10:15	*Qigong	DS	
9:30–11:30	*Legal Assistance	CR	
10:30–2:00	**Balance & Mobility	DS	
1:00–4:00	**Life Story Writing	ART	

8:00. –9:30	*Brain Fitness	COM	5
8:30 – 9:30	**Tai Chi – Intermediate	ACT	
9:30 – 10:30	***Clear Choice Hearing	120	
9:30 – 11:30	**Tai Chi – Advanced	ACT	
9:30 – 11:30	***Ceramics 101	ART-S	
9:45 – 10:45	**Body Conditioning	AUD	
11:00 – 12:30	**Balance & Mobility	DS	
1:00 – 3:30	**Self-Awareness/Improv	AUD	

8:00–9:30	*Brain Fitness	COM	6
9:30–11:30	***Nutrition Counseling	CR	
10:30–12:00	**Balance & Mobility	DS	
1:30–3:30	***Monthly Dance—		
	Jerry James &		
	Sound Investment	AUD	

8:00–9:30	*Brain Fitness	COM	7
9:00–11:00	Discussion Group	ART-S	
9:45–10:45	**Body Conditioning	AUD	
10:00–12:00	*Create a One-Page		
	Autobiography with	COM	
	Digital Photography		
11:30 –12:30	***Tumbleweed Band		
	Lunch Performance	DN	

8:00–9:30	*Brain Fitness	COM	10
8:30– 9:30	**Tai Chi—Intermediate	ACT	
9:45–10:45	**Body Conditioning	AUD	
11:00–12:30	**Balance & Mobility	DS	
1:00–3:00	Senior Readers Theater	ART-S	
1:00–3:30	***BUNCO	ACT	

8:00–9:30	*Brain Fitness	COM	11
8:00–10:00	**Tai Chi—Advanced	ACT	
9:15–10:15	*Qigong	DS	
10:30–2:00	**Balance & Mobility	DS	
1:00–4:00	**Life Story Writing	ART	

8:00 – 9:30	*Brain Fitness	COM	12
8:30 – 9:30	**Tai Chi – Intermediate	ACT	
9:30 – 11:30	**Tai Chi – Advanced	ACT	
9:30 – 11:30	***Ceramics 101	ART-S	
9:45 – 10:45	**Body Conditioning	AUD	
11:00 – 12:30	**Balance & Mobility	DS	
1:00 – 3:30	**Self-Awareness/Improv	AUD	

8:00–9:30	*Brain Fitness	COM	13
9:30–10:30	Nutrition Council Meeting	DN	
10:30–12:00	**Balance & Mobility	DS	
1:00–3:00	***Monthly Movie—Funny Face	AUD	
1:00–3:00	PC Users Group	ACT	
6:30–8:30	***Women, Retirement &		
	the Power in Aging seminar	ACT	

8:00–9:30	*Brain Fitness	COM	14
9:00–11:00	Stamp Club	ART-S	
9:00–12:00	***Ask the Nurse session	119	
9:45–10:45	**Body Conditioning	AUD	
10:00–12:00	*Create a One-Page		
	Autobiography with	COM	
	Digital Photography		

8:00–9:30	*Brain Fitness	COM	17
8:30– 9:30	**Tai Chi—Intermediate	ACT	
9:00–11:00	***Writers Group Visitors Day	ART-R	
9:45–10:45	**Body Conditioning	AUD	
11:00–12:30	**Balance & Mobility	DS	
1:00–3:00	Senior Readers Theater	ART-S	
1:00–3:00	Wii Games	ACT	

8:00–9:30	*Brain Fitness	COM	18
9:15–10:15	*Qigong	DS	
9:30–11:30	*Legal Assistance	CR	
10:30–2:00	**Balance & Mobility	DS	

8:00 – 9:30	*Brain Fitness	COM	19
9:30 – 11:30	***Ceramics 101	ART-S	
9:45 – 10:45	**Body Conditioning	AUD	
11:00 – 12:30	**Balance & Mobility	DS	
1:00 – 3:00	*HICAP	CR	
3:00 – 4:30	***Simply Cooking for Fun!	Kitchen	

8:00–9:30	*Brain Fitness	COM	20
9:00–12:00	***Chair Massage	119	
1:00–2:00	***Carlsbad Choraleers	AUD	
	performance		
12:30–4:30	*AARP Driving	ART-S	
1:00–3:00	PC Users Group	ACT	

8:00–9:30	*Brain Fitness	COM	21
9:00–11:00	Discussion Group	ART-S	
9:00–12:00	***Ask the Nurse session	119	
10:00–12:00	*Create a One-Page		
	Autobiography with	COM	
	Digital Photography		
1:00–3:00	*HICAP	CR	

11:00–3:00	Senior Readers Theater	ART-S	24
1:00–3:00	Wii Games	ACT	

9:15–10:15	*Qigong	DS	25
10:00–11:30	***Feng Shui seminar	ACT	

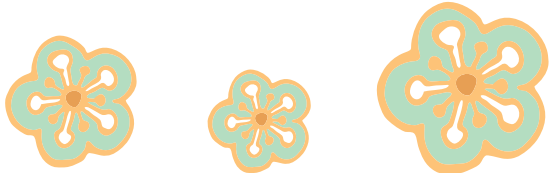
10:00–11:30	***National Senior Health &		26
	Park Fitness Day – 1 Mile Walk	PARK	

11:30–12:30	***Global Affair	DN	27
	lunch performance		
12:30–4:30	AARP Driving	ART-S	
1:00–3:00	PC Users Group	ACT	
6:30–8:30	***Important/Difficult		
	Conversations seminar	ACT	

9:00–11:00	*HICAP	CR	28
10:00–12:00	*Create a One-Page		
	Autobiography with	COM	
	Digital Photography		

★ ★ ★  
*Memorial Day*  
★ ★ ★  
Senior Center Closed

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#### COMPUTER LAB HOURS:

\*For daily PC Lab hours,  
Please call the Front Desk at:  
760-602-4650

